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THE FIT FACTOR

LIFESTYLE CHANGE

Add up your alcohol consumption in units and if you are over 14 units work out where you can improve. If you have two glasses of wine per day, by cutting it to one, you are saving 55,000 calories a year.

Don't miss David's tips every Saturday in your Journal

HERE is a stat that may shock you - two glasses of wine a day adds up to about 100,000 calories a year. As there are 3,500 calories in a pound of fat, that's 31lbs!

As consumption of alcohol, especially in the over-45 year old category, is rising, it's not surprising that cancers related to alcohol are on the rise in the region, with an estimated 3,120 incidences recorded from 2015-17.

The latest shocking figures are highlighted as Balance, the North East Alcohol Office, launches the #7Cancers campaign in the region to encourage people to stick to the low-risk limits to reduce their risk of cancer.

The Chief Medical Officer's advice is for both men and women to drink no more than 14 units a week to stay low-risk.

Here are some examples of 14 units. Remember, this is the advised limit for one week.

- Seven pints of average-strength (4%) lager
- 4.5 pints of higher-strength lager/beer/cider (568ml, ABV 5.2%)
- Nine bottles of Alcopop (275ml,

ABV 5.5%)

- Nine glasses of champagne, prosecco, cava or other sparkling wine

- Eight bottles of lager/beer/cider (330ml, ABV 5%)

- Just over four 250ml glasses of average-strength (12%) wine

- Seven 175ml glasses of average-strength (12%) wine

- Just over nine 125ml glasses of average-strength (12%) wine

- 14 single measures of spirits (ABV 37.5%)

However, research suggests more than a quarter of North East adults - around half a million people - drink above that limit and nine out of 10 of these think they are moderate or low risk drinkers.

Alcohol causes at least seven types of cancer and around 11,900 cases of cancer in the UK every year, including up to 3,600 mouth and throat cancers, around 4,400 breast cancers and around 2,500

bowel cancers. The North East has the second-worst rate of these cancers in the country, with alcohol-related cancer rates having risen by 5.8% since 2004-06, although the increase is lower than the 7.2% rise for the rest of England.

Many people, especially those over 45, find themselves stuck in the habit of reaching for a glass or two of wine each day. Look to break this habit and have more alcohol-free days.

Try downloading the One You Drink Free Day app; this may help with motivation.

Be aware of what you are drinking. A pint of high-strength lager is around three units per drink. Try reaching for a lower strength pint.

Spacing your drinks by alternating a drink of water to slow down your consumption also works well.

Of course you can try all these various tips but at the end of the day having the self-discipline to say no is the best way forward and feel good about it.

When you are in control of yourself and the situation, you can form stronger self-discipline and healthier habits.



FITNESS TIP

Self-discipline in the gym will lead to a stronger mind in everyday life. When you go to the gym with a particular session or target in mind, make sure you complete it and build that discipline.

*Do what is right,
not what is easy*

**Motivational quote
of the day**